

**IN THE CLAIMS:**

Please cancel claims 10 and 16-19. Please amend claims 9 and 20 and add new claim 23 as shown below.

A listing of all claims is as follows.

1. (Original) A method of encouraging proper posture during a golf swing, comprising the steps of:
  - providing a brace consisting of a single continuous strap and a buckle;
  - placing the brace on a golfer, with a first diagonal strap portion and a second diagonal strap portion crossing each other across the golfer's back;
  - providing resistance to excessive bending of the golfer's back during a golf swing by adjusting the brace to provide tension prior to the golf swing and by leaving the tensioned brace in position during the golf swing; and
  - removing the brace from the golfer after the golfing activity is completed.
2. Canceled.
3. Canceled.
4. (Previously Presented) The method of claim 1 further comprising the step of:
  - providing a garment comprising an inner lining, an outer shell, and at least one tunnel or loop; and

passing the brace through at least tunnel or loop of the garment.

5. (Previously Presented) The method of claim 4 wherein at least one tunnel or loop of the garment is padded.
6. (Previously Presented) The method of claim 4 wherein at least one tunnel or loop of the garment is integral with the inner lining.
7. (Previously Presented) The method of claim 4 wherein the outer shell comprises at least one opening for providing access to the area between the inner lining and the outer shell for access to the brace.
8. (Previously Presented) The method of claim 1 wherein the brace further comprises a first front strap portion and a second front strap portion, wherein the buckle adjustably connects the first front strap portion and the second front strap portion.
9. (Currently Amended) A method of encouraging proper posture during a golf swing, comprising the steps of:
  - (a) providing ~~a brace~~ an adjustable brace comprising a first diagonal strap portion and a second diagonal strap portion;
  - (b) placing the adjustable brace on a golfer, with the first diagonal strap portion extending along the golfer's back from one shoulder downwardly and diagonally and with the second diagonal strap portion extending along the golfer's back from the other

shoulder downwardly and diagonally, with the brace in position during the golf swing such that the brace provides resistance to excessive bending of the golfer's back during the golf swing; and

(c) removing the adjustable brace from the golfer after the golfing activity is completed.

10. Canceled.
11. (Previously Presented) The method of claim 9 wherein the brace comprises a single continuous strap having a first end and a second end and means for joining the first end a second end.
12. (Previously Presented) The method of claim 11 wherein the means for joining the first end and second end comprises a buckle.
13. (Previously Presented) The method of claim 9 further comprising the step of:
  - providing a garment comprising at least one tunnel or loop; and
  - passing the brace through at least tunnel or loop of the garment.
14. (Previously Presented) The method of claim 13 wherein the garment comprises an outer shell and an inner lining and at least one tunnel or loop of the garment is integral with the inner lining.

15. (Previously Presented) The method of claim 14 wherein the outer shell comprises at least one opening for providing access to the area between the inner lining and the outer shell for access to the brace.
16. Canceled.
17. Canceled.
18. Canceled.
19. Canceled.
20. (Currently Amended) A method of encouraging proper posture during a golf swing, comprising the steps of:
- (a) providing a brace comprising a plurality of strap portions;
  - (b) securing the brace to a garment;
  - (c) placing the garment and brace on a golfer, with the brace in position during the golf swing such that the brace provides resistance to excessive bending of the golfer's back during the golf swing; and
  - (d) removing the garment and brace from the golfer after the golfing activity is completed;
- ~~The method of claim 16~~ wherein the garment comprises at least one tunnel or loop and the step of securing the brace to the garment comprises passing the brace through at

least tunnel or loop of the garment.

21. (Previously Presented) The method of claim 20 wherein the garment comprises an outer shell and an inner lining and at least one tunnel or loop of the garment is integral with the inner lining.
22. (Previously Presented) The method of claim 21 wherein the outer shell comprises at least one opening for providing access to the area between the inner lining and the outer shell for access to the brace.
23. (New) The method of claim 20 wherein the brace is adjustable.